

# CranioSacral Therapy



## HOW DOES CRANIOSACRAL THERAPY WORK?

CranioSacral Therapy works by helping the body's natural mechanisms dissipate the negative effects of stress on the central nervous system. This is accomplished through utilizing a physiological body system called the craniosacral system, which maintains the environment in which the central nervous system functions. The role of this system in the development and performance of the brain and spinal cord is so vital that an imbalance or dysfunction in it can cause sensory, motor and/or neurological disabilities. Like the pulse of the cardiovascular system, the craniosacral system has a rhythm that can be felt throughout the body. Using a touch generally no heavier than the weight of a nickel, skilled practitioners can monitor this rhythm at key body points to pinpoint the source of an obstruction or stress. Once a source has been determined, they can assist the natural movement of the fluid and related soft tissue to help the body self-correct. This simple action is often all it takes to remove a restriction. Other times, CST may be combined with other complementary therapies to help restore the body to its optimum functioning level.

## WHAT CONDITIONS CAN CRANIOSACRAL THERAPY HELP?

Because of its influence on the functioning of the central nervous system, CranioSacral Therapy can benefit the body in a number of ways—from bolstering overall health and resistance to disease to alleviating a wide range of specific medical conditions. Among CST's largest patient groups are those suffering chronic symptoms that have not been aided by other approaches. In particular, CST is beneficial to those with head, neck or back injuries resulting from an accident—be it from a car, sports or work mishap, or from a fall. The extremely light touch involved in the application of CST makes it a safe approach as well for children, infants and newborns with early traumas, including birth trauma. They especially can benefit from the timely identification and of restrictions in the craniosacral system, thereby preventing future difficulties, such as learning disabilities or hyperactivity. Another area of principal effectiveness is with stress-related dysfunctions. Insomnia, fatigue, headaches, poor digestion, anxiety and temporomandibular joint (TMJ) dysfunction are just a few examples. CranioSacral Therapy works to reverse the debilitating effects of stress by providing the conditions in which the nervous system can rest and rejuvenate. In fact, it's this capacity to reduce stress that's leading an increasing number of people to include CST as part of their wellness routines. Other conditions for which CranioSacral Therapy has shown to be effective are various sensory disorders. Among these are eye-motor coordination problems, autism, dyslexia, loss of taste or smell, tinnitus, vertigo, and neuralgias such as sciatica and tic douloureux.

## IS THERE ANY CONDITION FOR WHICH CST SHOULD NOT BE USED?

There are certain situations where application of CST would not be recommended. These include conditions where a variation and/or slight increase in intracranial pressure would cause instability. Acute aneurysm, cerebral hemorrhage or other pre-existing severe bleeding disorders are examples of conditions that could be affected by small intracranial pressure changes.

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## HOW MANY CRANIOSACRAL THERAPY SESSIONS WILL I NEED?

Response to CST varies from individual to individual and condition to condition. Your response is uniquely your own and cannot be compared to anyone else's—even those cases that may appear to be similar to your own. The number of sessions needed varies widely—from just one up to three or more a week over the course of several weeks.

**Where Wellness is Always a Growing Matter!**